

Prayers at Meals



Grace before a Meal

Gracious God,
We ask your blessing on this food
we are about to eat.
Bless all those who prepared and
provided it for us.
Bless all who share our food and our
lives.
Amen.

Grace after a Meal

We give you thanks loving God,
For the food we have eaten.
Bless all who are hungry
and help us to share what we have
with those in need.
Amen.

Prayers at Meals

Prayer at the start and end of a
meal allows us to thank God
for the many gifts we have
received from God.

We ask God's blessing on our
family and on our food.

We can be aware of the
concerns of our family and
friends.

We also remember that many
people are less fortunate than
we are.

Blessing on the Food

E te Atua,
whakapaingia ēnei
kia ora ai mātou
Amene.

God,
bless this food
so that it will strengthen us
in your name.
Amen.

For Parents and Teachers

- Take a moment of silence when everyone is gathered for the meal.
- Have turns at leading grace before the meal.
- Short simple prayers work best.